

Dear SMARTRISK Learning Series Participant,

I would like to take this opportunity to welcome you to "**Brain and Spinal Cord Injury in Sports and Recreation**" part of the Fall 2007 Curriculum for injury prevention practitioners in Ontario and beyond.

What's in this package:

This package contains all the information and resources you will need to participate in this session of the SMARTRISK Learning Series.

1. Instructions for Dialing into the Teleconference on Tuesday, September 25, 2007.

Everything you need to know to get connected and to participate in the Question and Answer discussion at the end of the session.

2. Session Outline

Session overview and learning objectives.

3. Resource Materials

Articles to support the materials that will be presented during the teleconference, and to kick-start your own further exploration of the topic area following the session.

4. Post-Teleconference Information

Including a new SMARTRISK Learning Series Discussion Forum, replay option and feedback form.

Thank you for participating in this session.

We look forward to learning together!

SMARTRISK Learning Series

1. Instructions for dialing into the teleconference

Date: Tuesday, September 25, 2007
Starting Time: 10:00 am - 11:00 am (EST)
Duration: 60 minutes (45 minutes lecture style, 15 minutes question and answer)

Instructions for connecting to the teleconference:

- At approximately 9:45 am (EST) on the day of the teleconference, assemble participants. If participating as a group use a speakerphone (otherwise a regular handset phone will be fine) to dial the following toll free number:

1 866-300-4047 or 416-641-6122

*** Please use the "416" number if you are in Toronto**

- The operator will ask you for the name of the conference you would like to join, which is: **The SMARTRISK Learning Series**
- The operator will then ask you to provide your name, the name of the organization you are calling from and the number of participants in your group.
- The operator will ask you to stand-by. When the call is starting, the speaker will be introduced and the call will proceed.
- For the lecture portion of the call, the call will be in non-interactive mode for participants. This means that if you sneeze, cough or talk at your end, no one else will be able to hear it.
- During the question and answer portion of the call, the operator will come on and provide further instructions for you to ask a question.
- At the end of the call, you terminate the session simply by hanging up.
- If you are unable to dial in to the above number, please contact Bell at 1-866-877-8170 or 416-695-3373.
- To reach the Ontario Injury Prevention Resource Centre, please call 416-977-7350.

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2. Session Outline

Session Title: Brain and Spinal Cord Injury in Sports and Recreation
(State of the Art Series)

Faculty: Sandy Wells
National Injury Prevention Program Manager
ThinkFirst Foundation Canada

Date: Sept. 25, 2007
Time: 10:00 am to 11:00 am EST

Overview of the Session:

A compendium of catastrophic injuries in sports and recreational activities is about to be published by the University of Toronto Press. It discusses the trends in serious injuries in sports and recreational activities in Ontario over a ten year period. Some of the trends and statistics regarding catastrophic sports injuries are surprising; but much of the data confirms popular notions of what is considered "dangerous" activities. This presentation will outline the findings for some of the most popular Ontario sports, as well as those with the highest injury rates. Using both the data and our popular conceptions about sports and risky recreational activity, we will then move into a discussion about the conditions of risk and injury in sports and physical activities.

Learning Objectives:

By the end of this session, participants will:

1. Understand the process of obtaining "comprehensive" data on catastrophic injuries in sports
2. Discuss the top 10 most injurious sports, from a neurotrauma perspective
3. Know the major risk factors associated with neurotrauma in sports
4. Be introduced to best practices in the prevention of neurotrauma in sports.

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3. Resource materials

The following resource materials have been selected to support the content of the teleconference and can be used as a guide for further research into this topic.

Macpherson, A.; Spinks, A. Bicycle helmet legislation for the uptake of helmet use and prevention of head injuries (Review). www.thecochranelibrary.com.

Solomon, G.; Johnston, K.M.; Lovell, M.R. The Head's Up on Sport Concussion. (2006). Champaign, IL: Human Kinetics.

Judd, S.J. Sports Injuries Sourcebook. (2007). Omnigraphics.

Maffulli, N.; Caine, D.J.(Eds.) Epidemiology of Pediatric Sports Injuries (2005). New York, NY: Karger.

Sport Injury Prevention Fact Sheets, available at <http://www.ausport.gov.au/fulltext/2000/vic/spifs.asp>. National Sport Information Centre Web Archive of Sport and Recreation Victoria (Australia).

Injury Prevention Research Unit, University of Otago: <http://www.otago.ac.nz/ipru/>

Fuller, C.; Drawer, S. The application of risk management in sport. *Sports Medicine* (2004): 34 (6): 349-356.

ThinkFirst Foundation of Canada: www.thinkfirst.ca. Concussion education and awareness material; sport specific injury prevention programming.

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4. Post-Teleconference Information

NEW FEATURE

Ontario Injury Prevention Resource Centre Discussion Board:

The SMARTRISK Learning Series Forum will be available to participants following the live session on Tuesday. Discussion on brain and spinal cord injury in sports and recreation will continue through the Forum and we encourage participants to post their questions.

NEW FORMAT

Replay:

If you would like to listen to the presentation again or if you are unable to participate at the specified time, a recording of the teleconference will be available on the Ontario Injury Prevention Resource Centre website - <http://www.oninjuryresources.ca/>. The recording will be available to download by **Monday, October 1st** and will be accessible at all times. For more information on this service, please contact Nadja Gale at 416-977-7350.

Feedback:

Participants are invited to provide feedback on their experience by completing the online feedback form, which will be available after the session on Tuesday.

Thank you and enjoy!